

## Go nuts!



If the potential health benefits of eating nuts decided to get together, it would be quite a party. In the good-nutrition nook, nourishing fats, fiber, minerals, and protein. The prevention posse would be well represented, as research has linked nut consumption to a lower risk of obesity, diabetes, insulin resistance, heart disease, and some types of cancer. And there's a newcomer: a lower risk of colorectal cancer recurrence. According to an observational study, among a group of more than 800 people who were treated with chemotherapy for advanced colon cancer, those who ate two or more ounces of nuts a week had a significantly lower chance of cancer recurrence and death compared with those who didn't consume nuts. Tree nuts such as almonds, walnuts, hazelnuts, cashews, and pecans showed a protective effect. (Peanuts, which are in the legume family, did not.)

Whether you've had colon cancer or you're trying to stay healthy and prevent chronic illness, include a handful of nuts or a couple tablespoons of nut butter several times a week as part of a nourishing, delicious diet. In case you need a refresher, make your weekly menu colorful and "close to nature": a wide variety of vegetables and fruit, beans and lentils, intact grains, herbs and spices, olive oil, oily fish like wild salmon...and nuts!

Getting nutty has never sounded so sane—and delicious.